

# INTERMEDIATE SELF-DEFENSE

Presented by the  
Interagency Committee for State Employed Women (ICSEW)

Instructor (Clan Jacobs) is a Certified Defensive Tactics Instructor, an 8<sup>th</sup> Degree Black Belt, and a World Class Competitor and European Champion.

Attendees will learn intermediate self defense techniques, including skills needed to defend themselves against more than one attacker, variations of different proven holds (hair, finger lock, thumb lock, goose neck lock, wrist lock and z-lock) and various self defense kicks.

Individuals will have the opportunity to practice learned self defense techniques on mats with other attendees. Please wear comfortable clothing and soft-soled shoes.

Date: Friday, March 16, 2007  
Time: 1:30 p.m. to 5:00 p.m.  
Cost: \$30  
Location: Lacey Fire District 3, Station 34,  
8407 Steilacoom Rd, Lacey, WA 98513-2059

**Registration:** Complete the attached Registration Form and return it with your payment to Michelle Lucero, Washington State Department of Agriculture, P O Box 42560, Olympia, WA 98504; Fax to 360/902-2087; or Mail Stop 42560. Checks should be made payable to "ICSEW." Payment is required prior to taking the class.

If you have any questions, contact Michelle Lucero, [mlucero@agr.wa.gov](mailto:mlucero@agr.wa.gov), 360-902-1967.



# ICSEW

Interagency Committee of State Employed Women

## REGISTRATION FORM

COURSE TITLE INTERMEDIATE SELF DEFENSE

DATE 3/16/07

LOCATION Lacey Fire District 3, Station 34, 8407 Steilacoom Rd Lacey, WA 98513

TIME/HOURS: 1:30 PM – 5:00 PM

COST \$30

NAME: \_\_\_\_\_

WORK ADDRESS: \_\_\_\_\_

AGENCY: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

TELEPHONE: (WORK) - \_\_\_\_\_

PLEASE MAKE CHECK PAYABLE TO "ICSEW" AND SEND THIS REGISTRATION FORM ALONG WITH YOUR PAYMENT TO **MICHELLE LUCERO, WASHINGTON STATE DEPARTMENT OF AGRICULTURE, P O BOX 42560, OLYMPIA, WA 98504; FAX 360/902-2087; or Mail Stop 42560..** PAYMENT IS DUE PRIOR TO ATTENDING TRAINING. A CONFIRMATION WILL BE SENT TO YOU PRIOR TO THE TRAINING DATE WITH DIRECTIONS TO THE TRAINING SITE. BE SURE TO INCLUDE YOUR E-MAIL ADDRESS ABOVE FOR YOUR CONFIRMATION, ETC.

MICHELLE LUCERO, ICSEW EDUCATION COMMITTEE CHAIR  
[mlucero@agr.wa.gov](mailto:mlucero@agr.wa.gov), (360) 902-1967.